

THE WIRE

Joint Task Force
Guantanamo's
Finest News Source

A News Magazine

HONOR BOUND TO DEFEND FREEDOM

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Air Force Master Sgt. Charles Washington

“Who’s in Charge?”

Army Sgt. Maj. John T. Jenson

JTF GTMO Camp America Commandant

Throughout my career, I’ve seen many promoted, given more responsibilities and eventually “put in charge” of a mission or a detail. “Put in Charge.” Whenever I hear this, it reminds me of a movie that the critics have called the best war movie ever made, “*Apocalypse Now*.”

This movie begins in a hotel room in Saigon, Vietnam. There, Army Captain Willard (Martin Sheen) is given the mission to track down a renegade, Kurtz (Marlon Brando), who leads an army of renegade tribesmen and “terminate his command” and “terminate with extreme prejudice.” The movie tells the story of the journey upriver to find Colonel Kurtz. Along this journey, a lot of strange and remarkable scenes occur.

I thought one of the most powerful scenes was when they stop at the Do Lung Bridge, where an intensive firefight is underway. Captain Willard wants to get more intel on the situation so he leaves the boat and starts going through the trenches to find the commanding officer. He enters one fighting position and a Soldier carrying a zebra striped M79 grenade launcher appears out of the dark literally scaring Willard. The Soldier pauses, listens and then shoots his grenade into the perimeter without even using the sights on the grenade launcher. You hear a thud and then a direct hit on the enemy. Willard, looking up in astonishment, doesn’t know if it was from this Soldier’s mere physical presence or from his amazing marksmanship. Nobody really knows for sure. Willard asks, “Who’s in charge?” The Soldier pauses for a second and says, “Aren’t you?”

Is it possible for a Trooper not to know who’s in charge? It is possible! If you never leave your desk, when you never talk person to person, when physical training is being conducted and you leave, when you only leave your office to go to the galley to eat, or to the Navy Exchange, then eventually Troopers won’t know, let alone care who’s in charge.

In the film, there was a Soldier who led



by being out in front of his fellow Troopers. By the mere act of being out in front of his Soldiers, by being involved with his Soldiers, and by being in charge of his Soldiers, he turned the tide of the Korean War. His name was General Matthew Ridgeway.

U.S. Army Field Manual 7-27.7 (NCO Guide) states that “NCOs provide the leadership to fight and win wars.” The NCO is still a leader of Troopers. Everything about an NCO indicates that he is a leader. General Baron Von Steuben knew this, and that’s why an NCO has a special place to stand in formation and has special rank. They’re called stripes. If you are about to assume an NCO position and need advice on how to lead Troopers, it’s a “no brainer.” Just remember these three words: BE, KNOW and DO. Be a Leader, Know how to be a leader and Do what a leader does. The dictionary definition of a leader is: “someone who has followers.” To have followers you must be in front.

Remember, a Trooper doesn’t care about how much you know. He doesn’t care about how many college degrees you have. He certainly doesn’t care about where you’ve been or what you’ve done. He doesn’t care about how many ribbons you have on your chest or how many service stripes you have. A Trooper only cares about one thing, and that is how much you care for him. Make a difference. Be a leader. And if anybody ever has to ask, “Who’s in charge,” your Troopers will say, “You are.” ■

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JTF OFFERS TROOPERS LEGAL ASSISTANCE



By Army Master Sgt. Maria T. Rivera-Fontanez

Camp America Legal Assistance Office

At the Legal Assistance office, our goal is to aid Troopers in executing our mission at Guantanamo Bay. We accomplish this by keeping them worry-free of legal matters. We provide many services that are vital to being away from home and aid Troopers in finding solutions to their legal issues by offering them advice at no cost.

The most common service provided by the Legal Office is power of attorney. A power of attorney consists of one person authorizing another to act as the “principal” or “grantor (of the power),” allowing them to sign the principal’s name on documents.

There are two kinds of powers of attorney. They are general power of attorney and special power of attorney. A general power of attorney authorizes your agent to act on your behalf in a variety of different situations. It is very broad and provides extensive powers to the person or organization you appoint as your agent.

These may include; handling banking transactions, entering safety deposit boxes, handling transactions involving U.S. securities, buying and selling property, purchasing life insurance, settling claims, entering into contracts, exercising stock rights, buying, managing or selling real estate, filing tax returns or handling matters related to government benefits.

A special power of attorney authorizes

your agent to act on your behalf in specific situations only. A special power of attorney is often used to allow your agent to handle specific situations for you when you are unavailable or unable to do so. For example, you may be traveling outside the state or country, or you may be unable to handle a specific situation due to health reasons or other commitments.

We also provide assistance with notarizations, wills, family law issues, Bills of Sale, advice on naturalization, Service Member’s Civil Relief Act and Federal Income Tax Filing. A notarization is the act of witnessing by the notary public in accordance with specifications of state law. Notarization involves signed documents and requires the notary to ensure the signer’s identity and willingness to sign.

Wills are a legally enforceable declaration of how a person wishes his or her property to be distributed after death. In a will, a person can also recommend a guardian for his or her children. Also known as a will and testament, dealing with family law issues would include adoption, divorce, property division, child support and custody. These issues aren’t usually a simple process to go through. If need be, we can seek out other resources for the convenience of the Troopers.

Bills of Sale are legal documents made by a ‘seller’ to a purchaser reporting that

on a specific date, at a specific locality and for a particular sum of money or other “value received,” the seller sold to the purchaser a specific item of personal property, or parcel of real property of which he had lawful possession.

We offer advice on naturalization and help commence the process of legal residence. The Service Members Civil Relief Act of 2003 (SCRA) formerly known as the Soldiers’ and Sailors’ Civil Relief Act of 1940 (SSCRA) is a federal law that gives all military members important rights as they enter and while they are in active duty. It covers such issues as rental agreements, security deposits, prepaid rent, eviction, installment contracts, credit card interest rates, mortgage interest rates, mortgage foreclosure, civil judicial proceedings and income tax payments.

We are also capable of preparing and e-filing federal income tax without charge.

There’s a wide variety of things we can do to help keep our focus and the troops’ focus on our mission while we serve here at GTMO. However, we can’t do our job if Troopers don’t seek our help. We are in Bldg. 6208 Monday through Friday from 8 a.m. to 5 p.m. We also provide the flexibility of making special appointments for after-hours on weekdays and by appointment on Saturdays and Sunday. ■

Emergency preparedness help online

**From Commander, Navy Installations Command
Emergency Management Office**

Individuals and families can now go online to get simple, ready-to-use fact sheets, checklists, and forms on how to prepare for a variety of natural and man-made disasters -- part of Operation Prepare.

Operation Prepare is a public awareness program initiated by Commander, Navy Installations Command (CNIC) for community members of Navy ashore installations.

“Staying informed, developing a plan, and making an emergency kit is the theme of this initiative so that every member of the Navy community can learn to prepare and respond in the event of an emergency,” said CNIC Emergency Management Program Director Owen McIntyre.

While Sailors, their families and base personnel may still contact their local emergency manager or ombudsman, they can now go online to <http://www.cnic.navy.mil> and click on the “Operation Prepare” link to get vital emergency preparedness information.

Nearly 40 separate fact sheets are available on a variety of hazards and emergency preparedness tips. The information has been derived from several reputable sources such as the Department of Homeland Security and the Centers for Disease Control and has been tailored especially for the Navy community. Topic areas cover disease outbreak, natural and man-made hazards, and terrorism.

McIntyre said that preparedness is the individual’s responsibility and accessing CNIC’s Web site is a great way for personnel to be ready for any situation.

Region-specific emergency preparedness information on potential threats likely to occur at an installation or in a region, along with resources for response activities such as evacuation routes, safe haven and shelter locations, can also be found on CNIC’s Web site.

Hurricanes are possible natural emergencies GTMO residents may face. For information on where to go, what to do and how to be safe, call the Quarterdeck at 4453 or the GTMO branch of the American Red Cross at 5060. ■

White or Escort Required Badges

By Frank Perkins

JTF-GTMO Special Security Office

Many military, civilian and contractor personnel support the JTF. These personnel may or may not be U.S. citizens, and may or may not have a security clearance. Personnel who have a “white” or “escort required” badge are considered “Uncleared” visitors.

“Uncleared” is defined as lacking a security clearance, lacking the appropriate security clearance, or awaiting security clearance certification. An appropriately cleared JTF Member will escort all “Uncleared” personnel within all JTF work areas where classified or sensitive information is displayed, stored, processed or discussed. The

escort must announce the admittance of “Uncleared” personnel to all members within their section prior to bringing the visitor into the area. This gives time to properly sanitize the area.

“Sanitization” is the process whereby classified work, in essence, ceases during the visit in order to preclude inadvertent disclosure. The escort is responsible for ensuring the visitor removes no classified information or materials from the area, does not access any Information Systems unless it has been coordinated with the security staff and does not answer any questions regarding the mission.

Within the JTF’s Sensitive Compartmented Information Facility (SCIF), personnel must

be indoctrinated for SCI to have unescorted access. **All** non-indoctrinated personnel, regardless of position, grade, rank, service, gender, religion, political or social status are prohibited from entering the SCIF areas except while on official business, for short periods of time and while under continuous escort.

Escorts must announce the visitor, and ensure the area is sanitized prior to bringing the visitor into the work areas. The Red Light must be activated and remain on for the duration of the visit. Permitting non-indoctrinated personnel to loiter in the SCIF may indicate command indifference to security regulations and may jeopardize SCIF accreditations with national command authorities. ■

Network News

Bandwidth Hogs

how much of this bandwidth is being used. Every time you watch a video of your friend learning to surf in Florida on www.youtube.com, you are pulling down between 384kb to 720kb of data per second. Audio is a similar story - if you log onto a website and

stream an audio feed, you are looking at between 56kb and 256kb of information coming over the pipeline per second.

So while it seems harmless for you to turn on “*Elliot in the Morning*” and stream his show on your computer, the effects on the network

can be quite severe. Just multiply your 56kbs stream by the number of people on the network that are doing the same thing and you can see how this could use up our bandwidth in a hurry. Remember that the primary reason the network exists is to support the mission. Keep our pipeline available for people that need it and do not be a bandwidth hog.

If you have a topic that you’d like us to see featured in an upcoming column of Network News, send your request to: j6-ia@jtfgtmo.southcom.mil or ext. 3333. ■



From JTF- GTMO Information Assurance Office

Being in a deployed location like Guantanamo Bay, Cuba can provide many challenges for the J6 directorate. One of these is trying to maintain our information pipeline back to the States. Since GTMO is on an island, we rely on a satellite link back to the States to provide us our network connectivity. This link has a set amount of bandwidth which we are allocated.

The speed of our connectivity to the internet is often determined by

Pistons Eye Sweep:

Detroit bullies Bulls, 108-87



Photo by Getty Images

Ben Wallace and the Chicago Bulls fell behind the Detroit Pistons 2-0 after a 108-87 loss at the Palace of Auburn Hills Tuesday, May 8.

By Navy Petty Officer 3rd Class Jeff Johnstone
JTF-GTMO Public Affairs Office

Like the Chicago Bulls swept the Miami Heat in the first round of the 2007 NBA playoffs, the Detroit Pistons are looking to do the same to 'Da Bulls.' With a convincing 108-87 victory at the

Palace of Auburn Hills Monday, May 7, the Pistons took a 2-0 lead in their best-of-seven series against their young Bulls opponents.

A prediction at the beginning of the series by Chicago's Andres Nocioni is quickly looking like premature trash talk from a team that needs Divine

Intervention to back it up. Detroit held the Bulls under ten baskets (20 points) in the first and third quarters, and all five of their starters scored double digits. The Pistons won just as convincingly Monday night as they did Saturday during game one.

Leading the Detroit juggernaut were Tayshaun Prince with 25 points and Richard Hamilton with 24. Perennial performers Chris Webber contributed 22, Chauncey Billups added 14 points with ten assists and Rasheed Wallace posted ten points.

Leading the down-trodden Bulls' scoring effort was Tyrus Thomas with 18 points, followed by Ben Wallace and Kirk Hinrich, each contributing seven.

Hinrich, who failed to score an open basket, netted each of his points from the charity stripe.

The "Baby Bulls," as sportscaster Michael Wilbon is fond of calling them, are an upstart NBA franchise who swept last season's NBA champions, the Miami Heat, four games to none in the first round. Chicago is a young team who improved this year, making it to the second round after falling to the Washington Wizards in seven games during last year's NBA playoffs.

When speaking with the Press, Chicago Head Coach Scott Skiles probably summed up the first two games of the series better than any of us fans could.

"The thing that is the most surprising is that, in both games, we haven't been very competitive. Right from the jump ball, they've owned us," Skiles said.

The next two games will be held in Chicago. The Bulls, after being outscored a combined 47 points in merely two games, might be on the verge of pressing the panic button.

Possibly the last contest of the series, game four, is scheduled on Tuesday, May 15. At the rate Detroit is rolling, the Bulls may find themselves out of the playoffs in front of their home crowd. ■

Runners pre-qualify for Army Ten Miler



Photo By Army Pfc. Daniel Welch

Wilfredo Turrel of the Puerto Rico National Guard placed first in the JTF GTMO Army ten mile pre-qualifier race with a time of 61 minutes and 14 sec-

By Army Staff Sgt. Paul Meeker

JTF-GTMO Public Affairs Office

On your mark...Get set...Go! Twenty-three runners representing the Joint Task Force (JTF) and Naval Station (NAVSTA) launched from the Lighthouse starting line in JTF Guantanamo Bay's Army Ten Miler pre-qualifying race Saturday morning. One hour, one minute and 14 seconds later, the first-place finisher, Wilfredo Turrel of Charlie Company, 1st Battalion - 65th Infantry Regiment, blazed across the finish line. By the time he finished a victory cup of water, two of his fellow Puerto Rico National Guardsmen crossed the finish line. Rafael Rivas, age 52 and Luis Gonzales, age 50, demonstrated resoundingly that age need never

inhibit performance when training and ability converge.

Turrel's attitude about being the top JTF qualifier was understated, but confident.

"I will try to run fast, but I want to place in the top 100," said Turrel. "I also want to beat my best time." He added with a smile that this race was his personal best. Another achievement well worth noting was the first place finish by female Trooper Daniela Dietsch, who was running in her first ten-mile race ever. When she and her friend and fellow runner, Ethlyn Hixon, were asked why they chose to tackle a tough ten-mile race, their joint response was equally tough – "Because we can!"

Rounding out the top five were :

2nd Place - Rafael Rivas (63 minutes, 34 seconds)

3rd Place - Luis Gonzalez (68 minutes)

4th Place - Everett Hairston (69 minutes, 49 seconds)

5th Place - Jose Sanchez (71 minutes, 17 seconds)

The top six JTF-GTMO Army runners qualified as a team to enter The Army Ten-Miler, the nation's largest ten-mile race. The race will be held in Washington D.C. on Oct. 7 and will feature 26,000 Army runners from commands across the globe. Master Sgt. Richard Maltz, the non-commissioned officer in charge in charge of Saturday's GTMO pre-qualifier, said that because JTF-GTMO participation was a command sponsored activity, the team would go on TDY status for seven to ten days depending on the flight schedules. ■

USMC BATTLE COLOR DETACHMENT



Photo by Navy Petty Officer 2nd Class Jeff Johnstone



Photo by Navy Petty Officer 2nd Class Jeff Johnstone



Photo by Navy Petty Officer 2nd Class Jeff Johnstone



Photo by Navy Petty Officer 2nd Class Jeff Johnstone



ser 2nd Class Jeff Johnstone

Mini-Mart, Major-Convenience!

By Army Pfc. Daniel V. Welch

JTF-GTMO Public Affairs Office

It's 7:55 a.m., and you're cruising down Radio Range Road in your government-issued Ford Econoline van. The wheels barely grip the road, as the speedometer needle is pinned at 25 mph.

Suddenly, your coffee cup drops on the floor, soaking your head gear in what you had hoped would be your morning eye opener, following a long, sleepless night.

What do you do? Where do you go? Like a beacon in a vast void of darkness it appears on your left, just before the ongoing road construction.

The Navy Exchange Mini Mart at Camp America! Not only can you replace your head gear that is now soaked in mocha latte, you can pick

up that new issue of Sports Illustrated and a pack of gum to freshen your breath.

The NEX Mini Mart, however, is not just a great place for Troopers to replace soiled uniform items, it also has a plethora of valuable items available to Troopers stationed on GTMO.

NEX Mini-Marts are typically stocked to the brim with the finest in convenience store goods. Along with basic grocery store items, including soft drinks, bottled water, snacks and quick microwavable meals, the Mini Mart also houses a library of DVDs available for rent, as well as magazines, books and hygiene items. The Mini Mart at Camp America offers select uniform items, a convenience offered by the furthest Mini Mart from the main Navy

Exchange store.

There are four Mini Marts on GTMO, including the aforementioned Camp America located in front of the Seaside Galley, Marine Hill, Leeward and another adjacent to Tierra Kay housing. Hours vary and are open as early as 8 a.m. and close traditionally at 8 p.m. Marine Hill's Mini-Mart is open as late as Midnight on Saturdays.

Mini Marts differ from the main NEX and for Troopers new to GTMO are comparable to a seven-eleven or Circle-K stateside.

So the next time that cup of coffee gets away from you, or that pesky iguana finds a way onto the road, and the next thing you know your uniform is covered with gunk, visit one of the NEX Mini Marts. You won't be disappointed. ■

League Champions Crowned



Photo by Navy Petty Officer 2nd Class Patrick Thompson

The 2007 MWR Spring Baseball League champions, the Havana Hammers (left), pose with their trophies they received Friday, May 4. The Hammers, led by pitcher Javier Garcia, completed their softball season with an impressive 6-0 record. When asked what he would remember most about the season, Garcia said, "Playing at GTMO with such a great group of teammates and having fun competing on a weekly basis, will always be in my heart."

Family Guest Pass

By Army Pfc. Daniel Welch

JTF-GTMO Public Affairs Office

For many, being deployed can be one of the more daunting tasks of their military career.

A new environment with unfamiliar surroundings, possibly a new unit to get accustomed to, as well as the stress and anxiety of being separated from family and friends can make for many hardships.

In order to relieve some of the burden of being away from their families, Troopers here are allowed to invite family and friends down to visit them while assigned to Joint Task Force - Guantanamo Bay (JTF-GTMO).

However, having a loved one come down for a visit is not as simple as merely booking a flight and meeting them at the airport, there are some important steps that need to be taken to ensure they are allowed to come here.

"We don't see that many Troopers use this option," explained Master Sgt. Carlos J. Calo, J1 Non-Commissioned Officer in Charge. "Even though it is a lengthy process to get families down here, while they are here they should use it this option.

"The mission dictates when family and friends are allowed to come," said Calo. "If there are commissions going on, or severe weather on the island, that is considered a black out period and visitors are prohibited."

Because having visitors is a privilege and not a right, Troopers must initially get cleared by their chain of command

before initiating the process, explained Calo.

"There is various paperwork that must be filled out and completed by the Trooper. All paperwork and information can be found on the JTF GTMO intranet site under 'family visitor process'," explained Calo.

JTF personnel are allowed to have four visitors at a time. However Troopers are prohibited from having visitors during the first 30 days on and last 30 days off the island, due to left - seat, right - seat training during that period, explained Calo.

Calo went on to say that sponsors' familwishing to travel to the island must also have a valid passport, as well as dependent or military ID card if applicable.

GTMO Troopers are responsible for arranging housing as well as transportation to and from GTMO as well as when their visitors are on the island. "Family and friends are not allowed to drive or ride in government vehicles and are being prohibited from staying in the barracks with their sponsor," said Calo.

However, space permitting, visitors are welcome to stay at Navy Lodging, Leeward Bachelors Officer Quarters or East Caravellea, as well as utilize the base shuttle service.

Visitors are welcome to use the facilities on GTMO, including the Navy Exchange, beaches, to restaurants and clubs. However, Troopers will be held responsible for their guests' actions while on the island, explained Calo. Visitors can even visit the JTF area, but a one-day pass must be given by the J-2 section and cleared by the Chief of Staff.

Deployments can be long, and being away from home and friends and family can sometimes be overwhelming. While Troopers can't go home at the drop of a dime, they certainly can bring a little taste of it to GTMO. ■



Remember... Effective
May 14, 2007
we have new postage rates...

One ounce First Class 41 cents
Additional ounce 17 cents
Post Cards 26 cents

Reunion Issue #3

By Army Chaplain (Maj.) Daniel Jones

JTF Command Chaplain

If you have children, there are some basic behaviors that can be expected. Some children get angry about their parent being gone.

Toddlers and preschoolers may act like their parent is a stranger. They don't understand duty or mission. Elementary school children and teenagers may understand, but show anger or fear by "acting out."

You need to get reacquainted and take things slowly. Children are able to adjust to change better than we are, but you have to give them time. The younger your children are, the harder it is for them to put their feelings into words. This is why they misbehave, show anger, shyness, and fear toward us when we return.

Counselors through Fleet and Family Support Centers, Family Assistance Centers, and Childhood Development Centers can assist us with understanding our children's reactions and suggesting methods to help them overcome the problems of reunion and reintegration.

The most important reaction to avoid is becoming a stern and strict disciplinarian as a reaction to your children misbehaving upon our return. They so desperately want us to love them and become reconnected with that love. Discipline can be interpreted as hate

and disapproval to a child. This can only amplify their misbehavior.

Again, time and support from our friends, family, chaplains, counselors, medical staff, and child psychologists are all resources we should consider if our reunion with our children is difficult and sustained for more than a couple of weeks. ■

SURVIVING SEPARATION

By Army Chaplain (Maj.) Daniel Jones

JTF Command Chaplain

Action Item #3 – If you have children, visit the following websites that can give complete guides to dealing with separation and reunion: www.guardyouth.org, www.guardfamily.org, www.militaryhomefront.dod.mil, www.militaryonesource.com Any of us who are deployed without dependents or partners are experiencing an abnormal state for ourselves. We are by nature people who enjoy the love and companionship of the family, friends, and partners whom are an everyday part of our lives. We therefore enter into an abnormal experience for us when we go on a deployment. What can we do to overcome feelings of loneliness, sadness, and boredom while we are separated? ■

WEEKEND WEATHER FORECAST

Weather forecast provided by www.weather.com

Saturday, May. 12

A few thunderstorms possible. Highs in the mid- 80's, and lows in the mid-70's.



Isolated T-storms

Sunrise: 6:26 a.m.

Sunset: 7:28 p.m.

Chance of Rain: 60%

Sunday, May. 13

Scattered thunderstorms possible. Highs in the mid - 80's, and lows in the mid-70's.



Isolated T-storms

Sunrise: 6:25 a.m.

Sunset: 7:29 p.m.

Chance of Rain: 60%

Monday, May. 14

Scattered thunderstorms possible. Highs in the mid - 80's, and lows in the mid-70's.



Scattered T-storms

Sunrise: 6:25 a.m.

Sunset: 7:29 p.m.

Chance of Rain: 60%



Movie Review Corner

This week's movie review of "Ghost Rider" by Army Pfc. Daniel Welch,

All too often in Hollywood, it seems as if actors and actresses take roles in order to cash in on a big pay day. In the meantime, movie studios have a habit of beating a good idea into the ground until it looks contrived and old.

Both hold true in the case of 'Ghost Rider,' the newest adaptation of a comic book, directed by Mark Steven, and starring Nicholas Cage and Eva Mendes. The film tells the story of Johnny Blaze (Cage), a motorcycle daredevil who, early in his life, traded his soul to the Devil to save his father from cancer. However, like any other trade with Mephistopheles, it comes with unwanted side effects. Blaze is given the job as the devil's "Rider," which somehow gives him the power to spawn a blazing skull for a head.

As the story plays out, four rogue angels anger the devil and it is up to the Rider to clean up the mess before Blackheart (Wes Bentley), steals human souls for his own bidding.

However, instead of keeping with the main topic of the movie, Rider bounces around like a minor-league baseball player from one sub-plot to the other, until you are left not knowing what the heck is going on.

The only saving grace in 'Rider' is the special effects, which are in a word, superb. However, they come far too infrequently to be a rallying point for the entire movie. Much of the rest of the film is from the cookie cutter school of comic book movie - making. The plot feels plugged in and you could replace 'Ghost Rider' with 'Catwoman' or 'Daredevil' and almost have the same film.

While movies at GTMO are free, the ineptitude of this film almost screams for movie goers to get something back for their time. ■

- Ghost Rider -

Rating: ★★★★★

Rated: PG-13

Duration: 127 minutes

Boots on the Ground:

"Who do you consider to be your mentor(s)?"



"My brother, Sgt. Munoz."

-Army Spc. Katty Portalatin



"My Mentor - Master Chief Petty Officer William Conley."

-Navy Chief Petty Officer Thomas Conyers



"My mother."

-Army Spc. Sarah Huba



"Any one who has pushed me to succeed."

-Army 2nd Lt. Paul Brooks

Healing from Emotional Damage

By Navy Chaplain (Lt. Cdr.) Tim Johns

U.S. Navy Chaplain

I have been a Navy Chaplain for 11 years and a minister for 20, and during this time I have met and worked with many people who are carrying around a lot of emotional baggage. For people who have been hurt by others on this journey of life, the problem is that some do not know how to work through the issues and recover from the damage. I would like to share with you some ideas that I think can help one heal from damaged emotions.

Face your problems squarely. With ruthless honesty confront that awful memory, however deep the feelings lie within you. Acknowledge it to yourself and acknowledge it to another human being. Some problems can never be solved until you confess them to others. Find someone you trust, such as a chaplain counselor and share with them. Some people miss deep inner healing because they lack the courage to share deeply with another person.

Accept your responsibility in the matter. "But I was sinned against," you might say. "I was the victim," or "You don't know what happened to me." True enough. How about your response? You are responsible for your actions. You will never receive healing for your damaged emotions until you stop blaming everyone else and start accepting your responsibility.

Ask yourself if you want to be healed. Do you really want to be healed, or do you just want to talk about your problem? Do you want to use your problem to get sympathy from others? Do you just want it for a crutch, so that you can walk with a limp? Ask yourself, "Do I really want to be healed?"

Forgive everyone who is involved in your problem. Facing responsibility and forgiving people are really two sides of the same coin. The reason some people have never been able to forgive is that if they forgave, the

last rug would be pulled out from under them and they would have no one to blame. Facing responsibility and forgiving are almost the same action; in some instances you need to do them simultaneously.

Last but not least, forgive yourself. Many people blame themselves and believe that they cannot be forgiven. God still forgives us and He can help us forgive ourselves.

If you are carrying around some damaged emotions, this is one way you can begin in the healing process. Let me also recommend an excellent book, "Healing for Damaged Emotions" by David A. Seamands, if you would like a copy, give me a call at 2571 or come by my office at Camp America A3204. ■

CAMP AMERICA WORSHIP SCHEDULE

Sunday	9:00 a.m.	Protestant Service	Troopers' Chapel
	5:45 p.m.	Confessions	Troopers' Chapel
	6:30 p.m.	Catholic Mass	Troopers' Chapel
	7:30 p.m.	Evening Prayer	Troopers' Chapel
Wednesday	7:30 p.m.	Soul Survivor	Camp America North Pavilion

NAVAL BASE CHAPEL

Sunday	8:00 a.m.	Pentecostal Gospel	Room 13
	9:00 a.m.	Catholic Mass	Main Chapel
	9:00 a.m.	Church of Jesus Christ of Latter-day Saints	Sanctuary A
	9:30 a.m.	Protestant Sun. School	Main Chapel
	10:00 a.m.	Protestant Liturgical	Sanctuary B
	11:00 a.m.	Protestant Service	Main Chapel
Monday	1:00 p.m.	Gospel Service	Main Chapel
	5:00 p.m.	Pentecostal Gospel	Room 13
	7:00 p.m.	Prayer Group Fellowship	Fellowship Hall
	7:00 p.m.	Family Home Evening	Room 8
Mon. to Fri.	6:00 p.m.	Daily Mass	Main Chapel
Wednesday	7:00 p.m.	Men's Bible Study	Fellowship Hall
Friday	12:30 p.m.	Islamic Prayer	Sanctuary C
Saturday	4:15 p.m.	Confessions	Main Chapel
	5:00 p.m.	Vigil Mass	Main Chapel

Jewish Shabbat Services held every second Friday at 7:30 p.m. in the Naval Base Chapel complex Room 11.

15 Minutes of Fame

AIR FORCE MASTER SGT.
CHARLES E. WASHINGTON

By Army Spc. Shanita Simmons

JTF-GTMO Public Affairs Office

Ever wonder where a 20-year career in the military can take you? If you take a moment to chat with one Air Force master sergeant, you will learn that your path may involve some unexpected turns that may keep you nimble for more than 20 years. But if you stay focused, success will be your final destination.

Air Force Master Sgt. Charles E. Washington, the law office superintendent at the Staff Judge Advocate office (SJA) here, already has many accomplishments he can add to his "I love me" wall. The 43-year-old has placed in body building competitions, and he has a successful military career, marriage and two wonderful kids. Once Washington completes his 28-year career in the Air Force, he plans to place a law degree on his wall. Washington added that the one thing he plans to leave to the Air Force is the sense of hope and value that he has always instilled in his Airmen.

"I believe I am a good leader, and that is what has made me successful. I am all about training and making sure the people under me are doing the right thing," said Washington. "The people I work with are the military's future. They are the ones that will take my spot. Therefore, I am all about training to ensure they are doing the right thing."

For the past eight years, Washington has worked as a paralegal with the Air Force Staff Judge Advocate (SJA)

office. Washington said he gained insight while working with SJA defense counselors that has allowed him to become a better non-commissioned officer.

"Working with the defense has helped me better understand Troopers. There are two sides to every story, and there is a reason why someone does the things that they do," said Washington. "It's not just because they are a bad person, they sometimes do things because of the situation they are in at the time."

Although his military career initially took some twist and turns, Washington said that he has always focused on his ultimate goal of being successful in life. At age 17, Washington entered the Army Reserves to pay for college.

However, he left college and married his wife of 22 years. Three years later, in 1984, Washington enlisted in the Air Force. Washington said his decision to enlist took him out of Biloxi, Miss., and into an environment that allowed him to travel around the world.

As Washington gets closer to his retirement, he is now looking forward to the challenges that lie ahead. He is currently completing a pre-law degree from the University of Maryland University College and is considering places to live. At the end of the day, Washington said he plans to do what he does best - foster the lives of others. "I believe in putting your best foot forward in everything you do, and to be the best you can be," said Washington. ■

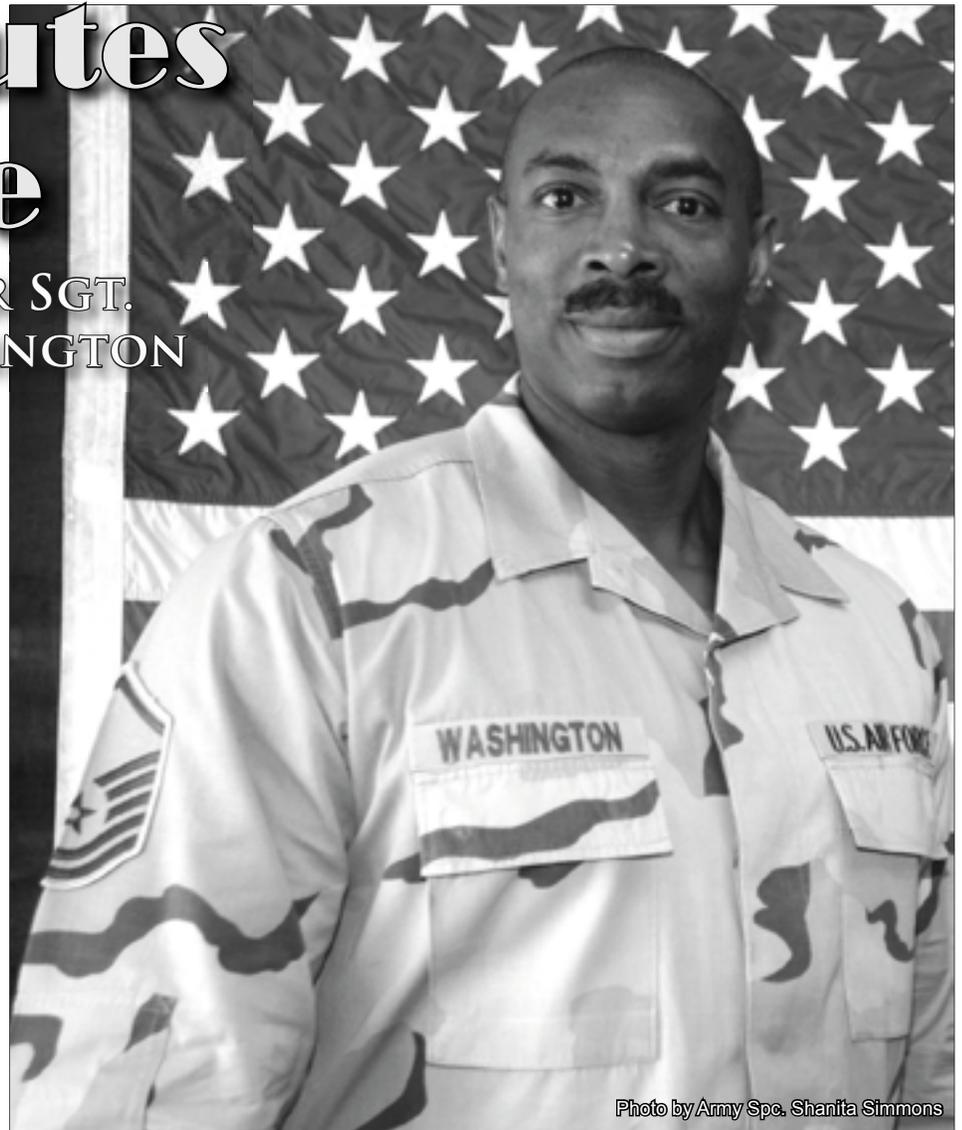


Photo by Army Spc. Shanita Simmons

AROUND THE JTF



Photo by Navy Petty Officer 2nd Class Patrick Thompson

Soldiers with Joint Detention Group (JDG) and the Puerto Rico National Guard Unit pose for a photo at Camp Delta.



Photo by Army Spc. Shanita Simmons

Navy Petty Officer 3rd Class Angel Rodriguez (right) re-enlists for an additional tour of service at Camp Delta Thursday.

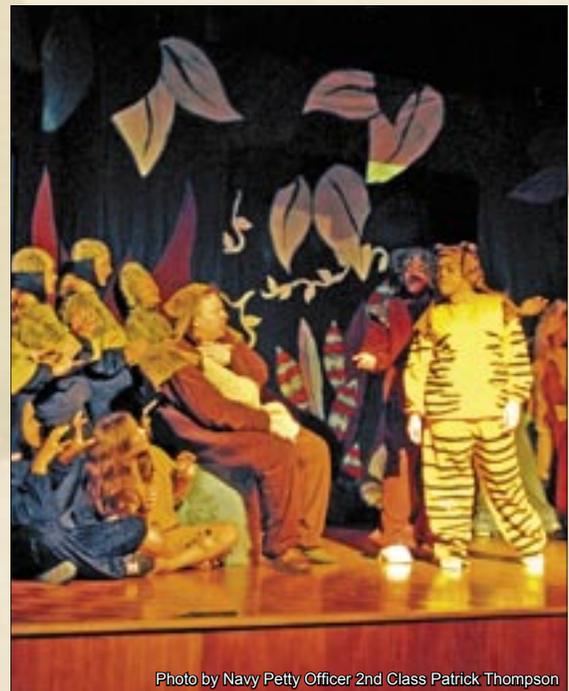


Photo by Navy Petty Officer 2nd Class Patrick Thompson

Children perform under the direction of Amy Pettigrew and Eric Prim from the Missoula Children's theater based in Montana. The production was held at the Wind Jammer Friday, May 4.